Pinoymanga Scans
http://www.pinoymanga.com
PRESENTS:
HOKEN NO SENSEI
WE NEED DONATIONS FOR RAWS AND SERVER COST. WE ALSO URGENTLY NEED A TRANSLATOR FOR BELIEF AND SEX!
Translator
KATSUDON
Raw Provider
FIREANOICE
Proofreader
JUUBUNTAITAICHOU
Art Editor
BOGZ, KUO
Graphic Cleaner
TAKUO
Text Encoder
BOGZERO
Quality Control
TAKUO
PINOYMANGA
WWW.PINOYMANGA.COM
HTTP://TWITTER.COM/PINOYMANGA
HTTP://WWW.FACEBOOK.COM/PMSCANS
5 HOURS DELAY POLICY,
2 MINS TO THOSE WHO STEALS IT

FACING THE NUMBER ON THE SCALE WITH A SIGH-
HAA-
THIS WON'T DO.
WHAT DO I NEED TO DO TO BE AS THIN AS RENA?
I HAVEN'T LOST ANY WEIGHT AT ALL.
NO WAY! I CAN'T GIVE UP NOW! I NEED TO WORK HARDER!
BECAUSE NEXT WEEK...
PINOYMANGA
WWW.PINOYMANGA.COM

ENTERING THE DAYS OF SUMMER, THE OPENING OF THE SWIMMING POOL! BUT THE BODY SHAPE WITH A SWIMSUIT IS...!?
WE'RE STARTING THE SWIMMING LESSONS AGAIN!
PINOYMANGA
WWW.PINOYMANGA.COM
Chapter 8 Stay the Same
ほけんのせんせい
谷村まりか

ALL RIGHT-
It's the pool
GYA
kya-
KYA-
That is my new towel
It's cute
GYA
PINOYMANGA
WWW.PINOYMANGA.COM
ASAHI IS REALLY ENERGETIC-
EH-, I CAN'T WAIT TO START SWIMMING
SWIMMING CLUB IS GREAT-

IT'S KANADE-CHAN!
SEEMS LIKE THE LESSON IS THE COMBINA-TION OF 2 CLASSES.
HEY!
AH...
IT'S DIFFICULT FOR ME TO SWIM, ESPECIALLY WHEN I TAKE OFF MY GLASSES BECAUSE THE WORLD BECOMES BLURRY.
It gets hard...
Heh heh
PINOYMANGA
WWW.PINOYMANGA.COM
KANADE-CHAN'S... BODY IS AMAZING...
UWA-WA
CAT-EAR HAT
Kanade-chan's body is amazing... Swimsuit type or person?
WOAH!
KYA♡

KAZUSA-SENSEI!?
EH? SO KANZAKI-SAN IS IN TODAY'S LESSON?
WHAT ARE YOU DOING HERE!?
I HEARD THE WATER QUALITY WAS BAD AFTER THE INITIAL CHECK SO
PINOYMANGA
WWW.PINOYMANGA.COM
IT HASN'T EVEN BEEN TEN YEARS SINCE I GRADUATED FROM THIS SCHOOL, AND IT HAS CHANGED THE SWIMSUIT TO THIS TYPE
AH, THE SCHOOL-ISSUED SWIMSUIT HAS CHANGED
I DON'T REMEMBER THE WHITE OUTLINE BEFORE
KAZU-CHAN-SENSEI GRADUATED FROM THIS SCHOOL, RIGHT?

AH... AHH... ER.
SORRY... I DIDN'T MEAN TO.
-BLUSH-
YAA
-COVERS-
AHH...
AH
!
PINOYMANGA
WWW.PINOYMANGA.COM
KYAA!
SMACK
WHY DID YOU USE THIS CHANCE TO STARE AT MY CHEST-!!?
THUD!
AH

I'M SORRY YACCHI-
TH...THAT WAS A SURPRISE
ARE YOU ALLRIGHT, YACHI-MATA-SAN?
HUH? IT SEEMS LIKE YOU DON'T LOOK TOO WELL?
EH, I... I'M FINE
PINOYMANGA
WWW.PINOYMANGA.COM
YACCHI IS SO THIN-
YES, I'M REALLY FINE...
REALLY? IF YOU DON'T FEEL GOOD DON'T FORCE YOUR-SELF

I HEARD SHE'S ON A DIET
SHE'S STAGGERING, SO I'M A LITTLE WORRIED ABOUT HER
After
DURING THE FIRST YEAR I WAS IN THE SAME CLASS AS YACCHI AND WE HAD A GOOD RELATION-SHIP
BUT BACK THEN, SHE HAD MORE BODY MASS
AFTER SECOND YEAR STARTED SHE SUDDENLY BECAME THIN, AND IT FEELS A LITTLE DIFFERENT
Before
PINOYMANGA
WWW.PINOYMANGA.COM
IS THAT RIGHT? WELL, JUST IN CASE, I'LL GO HAVE A TALK WITH YAMABE-SENSEI
AH, THANK YOU, KAZUSA-SENSEI

ALL RIGHT—— NOW IS FREE GENERAL ACTIVITY
So exhausted~
All right~!!
Hmm~
GYM TEACHER YAMABEYUKIHIRA (30) CURRENTLY HAS A CRUSH ON SHIINA-SENSEI ♡
PINOYMANGA
WWW.PINOYMANGA.COM
WHY IS IT.. THAT I WORK SO HARD AND YET I CAN'T LOSE ANY WEIGHT...?
IN THE END, I DIDN'T REACH MY WEIGHT GOAL..
BOO
FUU-...
THIS KIND OF BODY IS SO EMBARRASSING...
I FEEL.. SO WORN OUT...

HA HANA-GAYA-SAN,
YOU HAVE A NICE BODY...
HAA?
CURVY CURVY?
PINOYMANGA
WWW.PINOYMANGA.COM
AS EXPECTED, SHE IS A BIT STRANGE..
ER HAVE YOU BEEN ON A DIET?
? NOT AT ALL...
HUH?
...
HUH? BECAUSE MY BODY ISN'T SO GOOD
HOW CAN THAT BE-? THAT'S GREAT
NO MATTER HOW HARD I TRY, I
WHY TRY HARD?
POINT

YOU HAVE A BUMP...
EH? PIMPLES !?
YACCHI I THINK IT'S BETTER IF YOU DON'T TRY HARD..
STAYING THE SAME IS CUTE
PINOYMANGA
WWW.PINOYMANGA.COM
AHH...
HAHA... NAGAYA-SAN'S BODY IS GOOD, SO STAYING THE SAME IS FINE, BUT FOR ME...
I'm Completely
DING DONG
!
...SEEMS LIKE SHE'S WORRY-FREE
AS EXPECTED, OYUMINO'S BREASTS ARE REALLY IMPRESSIVE!
FOOD

DIZZY
AH... I FEEL DIZZY..
HMM... HUH...?
STAGGER
BUT WOULDN'T OUSAWA FROM CLASS B BE BETTER?
BUT IF YOU ARE TALKING ABOUT BODY IT WOULD BE HANAGAYA RIGHT?
"LAUGH"
"LAUGH"
AH, THAT'S CORRECT! BUT IF YOU ARE TALKING ABOUT EROTIC..
PINOYMANGA
WWW.PINOYMANGA.COM
TSU... TSUNOMI
THANK YOU..
SAY... WHAT ARE YOU DOING, STAGGERING AROUND?
!

JUST BECAUSE YOU'RE CHILDHOOD FRIENDS, YOU'RE NOT ALLOW TO FLIRT!
TSUNOMI- WHY ARE YOU MAKING AN EXCUSE TO COP A FEEL?
OBJECTION, OBJECTION!!
IT'S NOT BECAUSE I LIKE TO STAGGER AROUND...
"What trying saying??"
YOU NEED TO WATCH YOURSELF, OTHER GUYS ARE DANGE-ROUS-
BI...
You guys really are trouble-some
BI...
HUH, ONLY THING I TOUCHED IS HER SQUISHY BICEP-
SQUISHY BICEPS~!?
PINOYMANGA
WWW.PINOYMANGA.COM

PINOYMANGA
WWW.PINOYMANGA.COM

Haa...
IT FEELS LIKE I'M GETTING A HEADACHE AGAIN
SSST
HAA. I DID LOSE SOME WEIGHT, BUT MY MEASUREMENT DIDN'T CHANGE AT ALL
WHY?
こんもり
HERE
..WORKING HARD ON SOMETHING SO MEANINGLESS, ARE YOU AN IDIOT-?
DON'T WORRY ABOUT IT.. THE PEOPLE ARE WAITING BEHIND YOU, SO GET MOVING
WAIT...
HAA? YOU SHOULD BE ABLE TO FINISH THAT AMOUNT
TSUNOMI CAN YOU GIVE ME A LITTLE BIT LESS?
BUT..
PINOYMANGA
WWW.PINOYMANGA.COM

Yes~
Don't give me too much
PINOYMANGA
WWW.PINOYMANGA.COM
EVEN IF HE'S MY CHILDHOOD FRIEND, IT IS UNFORGIVABLE!!
I DEFINITELY HAVE TO GET IN SHAPE
AND MAKE YOU SEE ME IN A DIFFERENT LIGHT
TSUNOMI... YOU'RE HORRIBLE!!
EVEN WHILE KNOWING THAT I'M TRYING TO LOSE WEIGHT, TO SAY SOMETHING BAD LIKE THAT...
EVERYONE IS LAUGHING AT MY BODY

IN A DIFFERENT LIGHT...
H... HUH?
MY... CHEST...
HAS MY CHEST... SHRUNK...?
GEEZ.... I DON'T KNOW WHAT I'M SUPPOSED TO DO.
!!
PINOYMANGA
WWW.PINOYMANGA.COM

ASAHI... I AM..
AL-READY...
YACCHI?
...ARE YOU ALL RIGHT?
PINOYMANGA
WWW.PINOYMANGA.COM
UNABLE
SLIDE
!!?
WA...
WAIT, YACCHI-
EH?

FUAAH-
PINOYMANGA
WWW.PINOYMANGA.COM
YACCHI ISN'T OVER-WEIGHT AT ALL-
JUST FASTING BLINDLY- YACCHI ISN'T OVERWEIGHT AT ALL-
GEEZ- NOT EATING REGULARLY AND
BUT.. I WANT TO HAVE A BETTER BODY...
JUST LIKE A MODEL... WITH A GORGEOUS BODY...
THAT'S WHY.

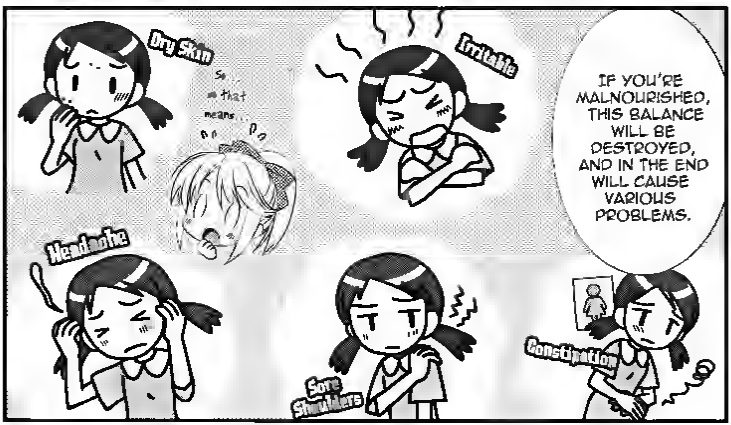
?
AND SOMETHING LIKE THIS HAPPENS, WOULD YOU STILL ABLE TO CONCENTRATE ON YOUR JOB?
HMM.. THINK OF IT THIS WAY
YACHIMATA-SAN, AFTER YOU BECOME A MODEL-..
PINOYMANGA
WWW.PINOYMANGA.COM
AH..
THE BODY OF MODELS IS DEFINITELY GOOD,
BUT IN A PHOTOSHOOT THEY DEFINITELY NEED A LOT OF STAMINA, RIGHT?
THAT'S RIGHT! ACTIVITIES LIKE SWIMMING WILL REQUIRE A LOT OF ENDURANCE EVERYONE KNOWS THAT~

YOUR FINGER-NAILS
ARE SHOWING WHITE SPOTS LIKE THIS
THIS IS A SIGN OF CALCIUM OR MINERAL DEFICIENCY
EH- YOU CAN SEE SOMETHING LIKE THIS ON YOUR FINGER-NAILS?
THAT IS BECAUSE YOUR FINGER-NAIL CAN SERVE AS THE BAROMETER OF YOUR HEALTH
RIGHT. TO BLINDLY GO ON A DIET WOULD, IN SOME WAY, PUT A LOT OF STRESS ON YOUR BODY
DIET
FOR EXAMPLE
PINOYMANGA
WWW.PINOYMANGA.COM
WHEN YOU BECOME AN ADULT, IT BECOMES HARDER AND HARDER TO ABSORB CALCIUM.
ESPECIALLY YOUR BONE-BUILDING RATE, WHICH AT AGE 20 IS THE PEAK OF THE DEVELOPMENT, AND IT DROPS SLOWLY AFTER THAT
IF YOUR NUTRITIONAL INTAKE IS OUT OF BALANCE, YOUR IMPORTANT MUSCLE- AND BONE-BUILDING RATES WILL GO DOWN,
MILK

SOMETHING THAT'S EVEN MORE IMPORTANT IS...
HORMONAL BALANCE!

EH, SO IF YOU DON'T PROPERLY OBTAIN CALCIUM, IT'D BE BAD.
You have to depend on calcium all your life, right!?
RIGHT!
PINOYMANGA
WWW.PINOYMANGA.COM

THAT'S CORRECT.
I HEARD THAT NO MATTER WHETHER YOU'RE A BOY OR A GIRL, YOU HAVE BOTH, RIGHT?
THAT IS... MALE HORMONES AND FEMALE HORMONES, RIGHT?


Dry Skin
So... so that means...
Irritable
IF YOU'RE MALNOURISHED, THIS BALANCE WILL BE DESTROYED, AND IN THE END WILL CAUSE VARIOUS PROBLEMS.
Headache
Sore Shoulders
Constipation

Good Balance
BODY FAT CAN TURN ANDROGEN (MALE HORMONE)
INTO ESTROGEN (FEMALE HORMONE)
But
IF BODY FAT IS REDUCED TOO MUCH,
ANDROGEN WILL BECOME TOO ACTIVE AND CAUSE IRREGULAR PERIODS!!
HMMM~
WE ALWAYS HEAR ABOUT OVERWEIGHT PEOPLE SAYING "I WANT TO REDUCE FAT FROM MY BODY", BUT LOSING TOO MUCH WEIGHT ISN'T A GOOD THING FOR GIRLS.
PINOYMANGA
AHH...SO MY CHEST SHRINKAGE IS BECAUSE OF...?
ALSO, A GIRL DURING DEVELOPMENT WILL HAVE HER WAIST AND CHEST DEVELOPMENT AFFECTED.
AH...AH, THAT'S BECAUSE THERE ARE A LOT OF FAT IN THE CHEST AREA...?
The first to go is the fat in that area...
SHOCK
EVERYONE'S DEVELOPMENT PERIOD IS VERY DELICATE.

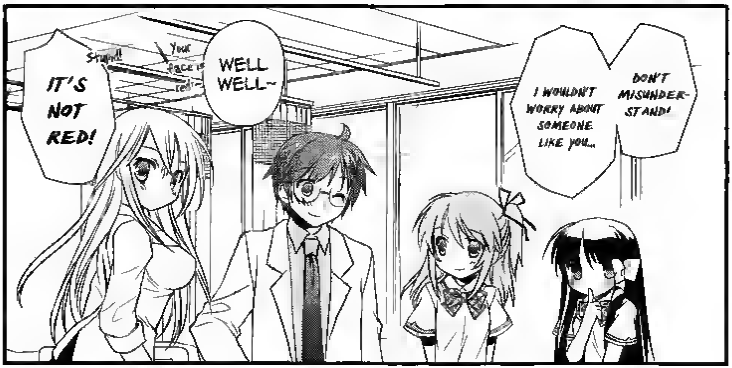
AH- HMM. IT'S TRUE THAT I CAN EAT ANYTHING I WANT WITHOUT ANY EFFECTS
KANZAKI-SAN SHOULD HAVE A GOOD SENSE OF THAT BECAUSE OF BEING IN A SPORTS CLUB, RIGHT?
IS... IS THAT RIGHT?
NO MATTER WHAT YOU DO, SPORTS, NUTRITION AND REST ARE ALL VERY IMPORTANT FOR YOUR BODY'S DEVELOP-MENT
ALSO, IF YOU HAVE MUSCLE, THEN IT BECOMES HARDER TO GET FAT.
PINOYMANGA
WWW.PINOYMANGA.COM
Eat anything you want & and not get fat~
HEY, YACHI-MATA-SAN.
I THINK TO HAVE SOMEONE YOU LOOK UP TO IS NICE,
BUT THE WAY YOU'RE WORKING TOWARDS THAT, WOULD THAT REALLY BE IDEAL FOR YOURSELF?

JUST LIKE KANZAKI-SAN☆
NO MATTER WHAT ERA IT IS, BEING HEALTHY IS MORE ATTRACTIVE
EH... HEHE...
TO BECOME PRETTY AND STAY HEALTHY IS THE BETTER COURSE,
PINOYMANGA
WWW.PINOYMANGA.COM
YACHI-MATA-SAN DOESN'T NEED TO GO ON A DIET.
AT YOUR CURRENT STATE YOU'RE ALREADY PRETTY AND CUTE ENOUGH.

CURRENT STATE...
PINOYMANGA
Is already cute in the current state
Yaochi
Hey
I said so before, right?
HUH, WHAT? YOU NEED SOMETHING AT THE INFIRMARY?
AH, NOTHING REALLY...
THEN DON'T STAND OUT THERE.
カラ
Yaoichi from before
SO EMBARRASSING~
I THINK YOU BOTH BEFORE AND AFTER A DIET IS REALLY CUTE♪
NEXT TIME BRING A PICTURE TO SHOW KAZUSA-SENSEI-♡

PINOYMANGA
WWW.PINOYMANGA.COM

PINOYMANGA
WWW.PINOYMANGA.COM



BEING HEALTHY IS BEING CUTE! ♡

continue